

Nutrition, Food and Beverages and Dietary Requirements

Aim

The kindergarten promotes safe, healthy eating habits in line with the Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools and relates to the DE wellbeing strategy.

We believe that early childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in three ways:

1. Short term: maximises growth, development, activity levels and good health.
2. Long term: minimises the risk of diet related diseases later in life.
3. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.

Therefore:

- Educators at the kindergarten encourage healthy eating behaviours
- food and drink are consumed in a safe, supportive environment for all children
- parents and caregivers are encouraged to supply healthy foods that fit within the Right Bite strategy for their children.

Regs 77 Health, hygiene and safe food practices 78 Food and beverages 162 Health information to be kept in enrolment record 168 Education and care service must have policies and procedures

- This food policy has been established after consultation with educators and parents within the preschool community.

Implementation

Curriculum

Our kindergarten's food and nutrition curriculum:

- is consistent with the Dietary Guidelines for Children and Adolescents in Australia, and the Australian Guide to Healthy Eating

- includes activities that provide children with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health
- includes opportunities for children to develop practical food skills like preparing and cooking healthy food
- supports cross-cultural eating patterns and related food values.
- Encourages children to be independent and develop social skills at meal times.

The Learning environment

Children at the kindergarten:

- have fresh, clean purified water available at all times and are encouraged to drink water regularly throughout the day
- will eat routinely at scheduled break times
- eat in a positive, social environment.
- use the vegetable garden to learn about and experience growing, harvesting and preparing nutritious foods.

Our kindergarten:

- provides encouragements that are not related to food or drink
- understands and promotes the importance of breakfast and regular meals for children
- teaches the importance of healthy meals and snacks as part of the curriculum

Food supply

Our kindergarten:

- encourages healthy food and drink choices for children in line with the Right Bite strategy
- encourages food choices which are representative of the foods of the preschool community
- ensures healthy food choices are promoted and are culturally sensitive and inclusive

- ensures a healthy food supply for preschool activities and events in line with the Right Bite strategy
- displays nutrition information and promotional materials about healthy eating
- has the following guidelines for families for food brought from home or provided by educators within preschool time
- Ensures that children who do not eat during routine meal times or children who are hungry will be provided with foods at periods other than meal times or snack times. In the event that a child does not have a packed lunch or snack, the child will be provided with a healthy snack by the centre eg. Crackers and spread, sultanas etc.
- Encourages children to leave any uneaten food in their lunch boxes so that parents can monitor their food intake.

Food and drinks provided to children:

- o parents and carers are encouraged to provide healthy food and water as a preferred drink choice in line with the Right Bite strategy
- o educators will ensure that food provided to children by the preschool is in line with the Right Bite strategy.
- o Ensure that families are advised well in advance of a cooking activity so that all personal preferences and dietary requirements are addressed.
- o Ensure that all food provided is handled in a hygienic manner.
- o Ensure that all food provided is culturally sensitive and inclusive.

Food safety

Our kindergarten:

- promotes and teaches food safety to children as part of the curriculum
- encourages educators to access training as appropriate to the Right Bite Strategy
- provides adequate hand washing facilities for everyone
- promotes and encourages correct hand washing procedures with children and staff.

Food Storage before and after lunch

Before Lunch

- Parents are encouraged to use an ice brick in an insulated lunch container.
- Parents are encouraged to send hot food in thermally insulated containers.
- Food is stored in safe and clean environments in the Lunch Baskets.
- In keeping with food safety standards, it is mandatory that lunch boxes left outside have an ice brick in the lunch box to maintain temperatures.

After Lunch

- Any uneaten food or left overs remain in the child's lunchbox.
- Children return their lunchboxes back to their bags straight after lunch.
- In keeping with Food Safety Standards, any food removed from a refrigerator requires to be consumed within 2-4 hours.

Food-related health support planning

Our kindergarten:

- meets with families to ensure that all children with Health Support Plans, have a risk and safety.

Working with families, health services & industry

Our kindergarten:

- invites parents and caregivers to be involved in the review of our whole of site food and nutrition policy.
- provides information to families and caregivers about the Right Bite Strategy and other nutrition related information through a variety of ways including:
 - o policy development/review
 - o information on enrolment
 - o pamphlet/poster displays
 - o handouts and information packs

Source

Adapted from the Rite Bite Food and Nutrition Policy

For more information about healthy eating, please visit:

<http://www.decd.sa.gov.au/eatwellsa/pages/eatwell/rightbitehome/>

For more information about food standards and safe food storage please visit:

<http://www.foodstandards.gov.au/publications/pages/safefoodaustralia2nd519.aspx>

<http://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/health+topics/health+conditions+prevention+and+treatment/food+safety/keeping+your+food+safe/safe+school+lunches/safe+school+lunches>

Review

This policy will be reviewed on a 3 yearly basis by the kindergarten staff and the Governing Council.

Date Reviewed: November 2021

Review Date: November 2024